**Summary of How do we understand Illness (Vyadhi), according to Yoga?**

Thus Integrated module of Yoga for Heart diseases includes hundreds of methods to suit different individuals with different physiological makeup and all of them lead to the same goal of developing the inner quietness and bliss. Starting from physical practices like various postures, breath, regulations and Savasans reset the bodily functions and provide deep rest to various organs. Pranayama is a method of slow down the breath and through this, calm down the distractions of the mind resulting in calm quiet and blissful state of awareness. This subtle method helps in conserving wasteful expenditure of bodily energies and harmonizes the functions of various organs. The uniform flow of inner life force or Prana, that is brought about by this slowing down of breath and conservation of the energies sets right the disturbed functions of various organs of the body.

Deep internal awareness is the key factor in Yoga. Maintain a relaxed awareness all through the period of Yoga Practice. This gives a capacity to look within. This internal awareness is a very strong tool. As a matter of fact it is the experience of patients that after yoga practices they start recognizing the inner conflicts and stresses very clearly, and also develop the inner stamina to face one’s own problems. It helps to wash off the deep-seated subconscious fears and anxieties. The person uses autosuggestion to erase these conflicts in the background of relaxation and calmness.

“Awareness is half solution to the problems”. This very similar to what a psychoanalyst tries to do by unfolding the inner conflicts in the background and throwing them open to the conscious awareness of the individual so that the mind can now find solutions to correct the distress reaction. Yoga provides corrections at deeper levels by offering the right philosophy of life and strengthening of personality through stabilization of emotions. Internal awareness helps one to erase one’s own conflicts, suppressions and sensitivities. Yoga makes a man work more efficiently as he learns the art of
working and enjoys the work in the background of this inner bliss.
Thus we find that Yoga offers both immediate superficial remedies at the body and mind level in the form of relaxation practices and deeper connections of the problems are possible through corrections of one's notions about life.
The person practicing yoga feels relaxed at the body level. This gives deep rest to each and every cell in the body providing an opportunity to set right its own disturbed internal functions. It promotes the sympathetic over tones to settle down and rejuvenate the tired organs through better parasympathetic tone. Thus, even at the initial sessions of yoga practice one starts experiencing great relief from tensions. The art of relaxation is easily learnt in savasan. One learns to relax all muscles of the body starting from toes moving towards the head with autosuggestion of relaxation and rest. People start sleeping better and even those dependent on sleeping pills learn to sleep comfortably without these tablets.